



My Homestay in Canada

I have always dreamt about going to Canada to study abroad and stay with a host family, and this past summer I finally got my wish.

Before leaving Japan, I had very little information about my host family, so I was worried about my life in Canada. When I met my host mother for the first time, I was filled with anxiety and my legs were shaking during

the drive to her house. Once we arrived at her house, I found that there were two other overseas students staying there. One was Chinese while the other one was Venezuelan.

Since my host mother enjoyed looking after students visiting from abroad, she treated me very well. I had to leave her house at 6:40 a.m., so I always got up around 5 a.m. She also got up at the same time to prepare my breakfast. She cooked three meals for me every day and I always looked forward to eating her dishes and talking to her. We talked about many things such as looking after overseas students. I was very impressed by the way she shared her experiences and stories with me. Although she was tired after working hard at her own job, she still made an effort to take me to many places during my stay.

I was also able to spend some valuable time with my fellow homestay students. In particular, we were able to share some of our recipes from our own countries with each other. I even cooked peach pies on my birthday for them. Cooking in Canada was certainly an experience I will never forget.

Before my trip abroad this past summer, I had never stayed with another family. Although it was hard at times communicating in English and living in someone else's home, I was able to have a wonderful experience that will last with me for the rest of my life.

Fumiha Kikuchi

Niagara Falls

When I was in Canada on the Brock University English Study Program, I went to Niagara Falls three times with my friends.

The first time, we went to the Skylon Tower, which was very tall and close to Niagara Falls. Since it was the first time for me to see Niagara Falls, I was very excited. We had a delicious buffet lunch while we looked out at the great view.

The next time, we all went on "The Maid of the Mist" tour boat and we were able to get very close to Niagara Falls. Although I expected to get a little wet, I was unprepared for the amount of water that fell on us. By the end of the boat tour, we were completely soaked! My advice to any future students who decide to join this program is not to wear fur boots when you go on this tour.

The final time I visited Niagara Falls, my friends and I went there for the purpose of buying souvenirs. There were many attractive things, such as very big chocolates, hamburgers, and ice cream. Even though I spent almost all of my money there, I really enjoyed trying the interesting food

that was sold in the tourist areas.

Overall, I would encourage everyone to try and visit Niagara Falls. It was a thrilling experience that I will surely never forget.

Ayano Shinohara



Accidents Happen

My Accident

When I was a child, I injured a finger of my right hand. My parents love bowling, so I went to the bowling alley with them. One day, I thought, "Why do my parents help me to bowl the ball? I'm not a pampered child." I don't like to have adults doing things for me. I wanted to bowl a ball on my own, so I said to my parents "I can bowl by myself. I don't need help!" I took a ball and went to the lane alone. I was so happy as I stepped forth onto the lane with a heavy ball. But the next moment I fell down and injured my finger. I do not remember that accident very well. I only remember that the bowling lane was stained with my blood. I can't understand what happened. My parents and the bowling alley's staff were flurried. Strangely, I did not feel any pain. A few minutes later, the ambulance came and my brother was glad. He loves ambulances. "I want to take an ambulance too!" he said tearfully. My father got really angry. I took the ambulance and went to hospital. I got about 7 stitches in my finger. I couldn't use my right hand for a long time, so I trained at being a lefty. So I am a lefty now and a scar on my right index finger still remains.

Rika Okuma

My Accident

I have always hated trucks. This accident happened about one month after the elementary school entrance ceremony. I was going home with my friends; we hurried to my home because we were going to play there together, but I didn't notice that a truck was approaching us. The street was very narrow, so we walked along the center of the street. My friends noticed the truck and ran to the side but I didn't notice it because I was in high spirits. The thing happened in a split second. I woke up in hospital. I heard from my mother that a stranger who came along called an ambulance. It seemed that the driver didn't notice so nobody knew who hit me. Luckily my injury wasn't so bad and I left the hospital after three days. Because of this thing, I look out for cars more when I go out in order to avoid an accident.

Takayuki Sakazume

My Injury

I cut my fingertip when I was doing some household work. In those days, I was still a child. My mother told me to help with the cooking, and I tried to cut vegetables. Dinner that day was Okonomiyaki, so I sliced a cabbage with a slicer. The slicer was an attachment for a bowl. The bowl I used didn't fit it, but I went on using it. Eventually, I sliced my finger with the slicer. My finger was bleeding so much, and the water in the bowl turned red soon. I saw my finger. My fingertip was missing. I lost my fingertip. I felt a dread at this scene. However, somehow the blood made me calm. I tried to look for my finger in the bowl. The fingertip was like a small shell when I found it. I went to a hospital with my mother soon. Fortunately, they were able to reattach this small shell to my finger, and my finger healed.

Kanoko Yoshimura

My Bicycle Accident

When I was a high school student, I had a bicycle accident. I was always riding a bicycle to go to school. It was a foggy day, so the visibility was bad. I was riding a bicycle to go home, when I was hit by a car. The driver apologized to me, so I forgave him. But my bicycle was broken, so I was very sad. Because of this accident, my legs had many scratches, and blood was oozing from the wounds. At

home, my mother gave me some treatment. Thanks to the treatment, many scratches got well, but I felt pain for two weeks. The cause of this accident was the driver's carelessness, so I think I should take care of when driving a car and riding a bicycle.

Kana Nomura

An Accident That I Had

I bumped into a big rock once. This accident happened when I was three or four years old and in those days I lived in Noboribetsu. I went sledding in a big park with my father, my elder sister, and my elder brother. There is a big mountain in the park. I enjoyed sledding with my sister and brother but my father went somewhere. When I was sledding by myself, the sled veered off to a big rock and I shouted at the top of my lungs. My sister and brother looked at me, and shouted, but I bumped into the big rock and blood was flowing from my head. Of course I cried and cried and my sister and brother were in a panic. My father heard my voice and ran to my help. The bleeding stopped ten minutes after my father came and covered the wound with tissue paper. The next morning, I had a bump on my head. I have a scar on my head where I bumped into the rock, but I shall never forget my father's kindness as long as I live.

Rie Kobayashi

An Accident That I Had

When I was 4, I scalded my thigh. I was waiting to finish getting my cup noodle ready on the table. It was far from the place where I was sitting, so I tried to learn over to pick it up. Then it was stuck on the table. I didn't notice that. In short, my cup noodle fell down on my thigh. I was surprised and began to cry at once, so my mother noticed that an accident had happened. She was surprised at my burnt thigh and she understood the reason why I was crying. Then my mother's friend took me to hospital by her car. My doctor cooled my thigh with cracked ice. I needed a long time for complete recovery but now I don't have a scar because I was a child. Children have a strong power to heal injuries and scalds.

Airi Suzuki

My Accident

I broke my arm when I was 8 years old. When I was playing with roller skates with my friend, I fell down and hit my hand on the ground, and it was painful. I did not cry in front of my friend, but I came back home and cried very much. I went to the hospital immediately and took an examination. The doctor told me that a bone was broken. Because I was young, I did not have strong bones. I bound my arm with a bandage and went to school the next day. I told the reason to a classmate and I had a friend help me with things I could not do by myself. Life became inconvenient since I broke my arm, but I was able to feel the warmth of my friends.

Mika Hayasaka

My Accident

When I was a high school student, I hurt my knee in a basketball match. I was running in the court and stopped suddenly. Then I twisted my knee and I couldn't stand. My knee was examined in a hospital, and I was diagnosed with a damaged ligament. I had an operation and was hospitalized for three weeks. Rehabilitation continued after having left the hospital and it took a half year till I returned to a competition after all. After that, I was forced to do a muscular workout and the rehabilitation at home. It was very hard for me, but I did my best to play basketball again. I still go to the hospital to have my knee examined once a year. I'm recovering smoothly.

Arisa Mitsuya

Potpourri

E-mail or letter writing

Typing e-mail is often very different from writing a letter. When you send or receive e-mail, you and your receivers each need a computer or cell phone, and must access the Internet. You can send e-mail instantly wherever your receivers are. It is very cheap and has a flat rate, so you do not have to worry about cost. You can attach some files to your e-mail such as images, sound files and moving images. You can select a font, but letters are mechanical. However, when you are sending a letter, you need only papers, an envelope, and a pen. Mailing a letter takes over two days. Postage depends on distance, size, and weight. You can enclose some things such as photos, cards, pamphlets, and pressed flowers. You can send handwriting, so letters are full of warmth. Although e-mail and letters might send your message, typing e-mail and writing a letter are very different ways of communicating.

Echika Chiba

Going for a Drive

My father and I like to go driving, so we often do. We go driving every Golden Week, but we could not this Golden Week because I had to work. We regret that very much. We have many memories of going for a drive.

The best memory of going for a drive with my family for me is that we went to Kushiro during Golden Week two years ago. My brother had lived in Kushiro for a year, so we often went to Kushiro. First, we went to Mashu Lake and took a photo for a souvenir. When we arrived at Mashu Lake, we could not see the view because it was overspread by fog, but the fog gradually cleared and we could see the lake. Next, we went to a hot spring near Mashu Lake. It was comfortable and I felt good. We ate soba at Azumaya for lunch. Azumaya is a famous soba shop in Kushiro, so there are many Azumaya soba shops. The color of Azumaya buckwheat noodles is green and the soy-based dip for buckwheat noodles is sweetish. I wanted to eat them again because they were delicious. We went to the bridge at Nusamai at night. The night view of Nusamai was very beautiful, so we took a photo. We bought souvenirs from Kushiro at a souvenir shop near the bridge of Nusamai.

We regret that we could not go driving this Golden Week because my father and I like to take a drive, but we have good memories of driving to Kushiro. We want to go driving to Kushiro and eat delicious foods and visit the sightseeing locations of Kushiro. Also, we want to go driving somewhere next Golden Week.

Ayumi Yokono

Small Town vs Big City

A Small Town and a Big City

Which is better for people: living in a small town or a big city? Both have differences for living there. A small town has a small population, so people know each other well. Elementary school, junior high school and high school, almost always have the same pupils, and people have been friends for a long time. Therefore, people can trust each other and feel comfortable together. There is a small population, so people don't have to bother about crowds, and can lead an easy-going life.

On the other hand, there are also advantages to living in a big city. A big city means an urban city, so there are many kinds of nice and useful stores; for example, clothes, cafés and amusement facilities. People can enjoy various activities. Because there are many exciting places, there are a lot of fun events at these places. Besides, a big city has different kinds of ways to commute: subway, bus, and train, which are all very useful.

Finally, I live in Sapporo now, but I lived in Kitami until three years ago. Sapporo is one of the largest cities in Japan, but Kitami is a small town. I have lived in two different cities, and think a big city is more fun for me because there are many exciting places. A small town is sometimes boring.

Hitomi Wada

Life in a small town or life in a big city

Both life in a small town and life in a big city offer definite benefits to an inhabitant. If you live in a small town, you can breathe in fresh air and feel refreshed because there may be woods, some mountains, and some streams around the small town. It is like a forest bath. In addition, at night, you can see a lot of stars clearly and, in summer, you can listen to the chirping of insects, such as crickets, pine crickets, frogs, cicadas, grasshoppers, and giant katydids. These Japanese charms will make you

calm down. Another good reason to live in a small town is to live quietly without a crowd and a noise.

On the other hand, advantages of life in a big city include a lot of convenient transportation facilities, so you can go to various places over a wide area. Also, in a big city, you can go shopping easily because many useful shops meet at various points. For example, there may be a clothing store, a shoe store, a grocery store, a pharmacy and a cosmetic store close together. Finally, if you live in a big city, when you get sick, you can easily go to and from a general hospital. This is advisable for you because you will be able to alleviate your burden. So, if you are thinking about where to live, consider all of these benefits and if you want, you can feel the atmosphere by visiting there before you decide. Then you will be able to make a satisfactory choice.

Yumika Omori

Living in a small town and living in a big city

Living in a small town and living in a big city both have some definite benefits for a person. Which one is right for you? Living in a small town, you can become friends with all your neighbors. There are a small number of people and there are few stores, so you have to help each other. Another good point to living in a small town is that it is very comfortable because it is quiet. No one interferes with you. You may hear birds and insects chirping songs. Also, there is a lot of nature. You can feel nature and feel the change of seasons well. If you like nature and quiet, I recommend that you live in a small town. On the other hand, there are also advantages to living in a big city. There are many things to do. For example, there are a lot of bookstores, convenience stores, hospitals, and big shopping malls. Many stores are open till midnight; moreover, some business hours run 24 hours. You can always enjoy yourself there. It's very easy to do anything. There are many kinds of transportation, for instance, bus, subway, and train. That's why you can choose the best way to go anywhere. You don't need to have a car. For these reasons, if you are thinking about where to live, consider all of these benefits and make a decision that is right for you.

Tomoko Watanabe

Asahiyama Zoo

Do you like animals?

If you do, Asahiyama Zoo is one of the best places to visit in Hokkaido. In this zoo, you can see many animals. The zoo has many attractions including a tunnel



inside the penguin's pool where you can watch the penguins can swim freely. In the winter, the cute penguins walk around outside their cages. The popular animals are seals, polar bears, and penguins. Please come and see the charming animals.

The zoo is free for junior high school students and younger, and ¥800 for those who are older. It is open from 9:30 am to 5:15 pm in the summer, and from 10:30 am to 3:30 pm in the winter. If you come in the summer or during a holiday, you can expect the zoo to be crowded.

From Asahikawa Airport, there are two ways to go to this zoo. By bus, it takes about 35 minutes and costs ¥500. Take the Asahikawa Denki Kido No.70 Bus for Asahiyama Zoo. By taxi, it takes about 30 minutes and costs about ¥3,500. From JR Asahikawa Station, there are also two ways to go to there. By bus, it takes about 40 minutes and costs ¥400. Take the Asahikawa Denki Kido Bus for Asahiyama Zoo from bus stop No.5 from JR Asahikawa Station. By taxi, it takes about 25 minutes and costs about ¥3,000.

Mori No Yu Hotel Hanakagura (0166) 83-3800 (Double: ¥9,000)

This hotel is near Asahiyama Zoo. There are open-air baths in hotel, and you can feel relaxed.

<http://hanakagura.co.jp/>

Mog Mog Terrace (0166) 36-7888

This is restaurant in Asahiyama Zoo, and you can see a very beautiful view of Asahiyama Zoo and Asahikawa City. It is open from 10:30 am to 5:30 pm in the summer, and from 10:30 am to 3:30 pm in the winter.

<http://www.mog-mog.jp/>

Asahikawa Ramen Tokuichiban (0166) 36-3381

Tokuichiban has delicious ramen and rice, is near Asahiyama Zoo, and has free coffee. It is open from 11 am to 8 pm, and from 11 am to 7 pm on Sunday and holidays.

Ririko Kobayashi

Odori Park



Odori Park is one of the most famous places to visit in Sapporo. This is a big park where many famous events are held including the beer garden in summer, and the snow festival

and "white illumination" in winter. In the summer, there are many street stalls that sell food like ice cream, corn and potatoes. You can see many flowers if you come in spring. There is a big fountain in the center of the park that you will be surprised to see. There is a TV tower which is lit up at night.

The park is free for everyone, and it is open everyday.

To get there by subway from Sapporo station, you should take the Toho line or Nanboku line. From Sapporo station, it takes 10

Tour de

minutes to walk to Odori park.

Hotels

Restuarants

Ajinotokeidai (011)221-3330

This is a small shop, which is cheap and popular with local people. From Sapporo station, it takes one minute to walk to the shop and from Odori station, it takes five minutes to walk to the shop. It is open from 10 am to 2 pm.

Sushidokoro Saikaku (011)218-8700

This shop is little expensive for dinner; however, the food is very delicious. The prices at lunch time are more reasonable. From Odori station, it takes one minute to walk to the shop.

Wakana Inagaki

Moerenuma park

Do you know Isamu Noguchi? He was a world famous sculptor who also designed over 120 different pieces of playground equipment for Moerenuma park in Sapporo. A good park for families, it is a very big park in the eastern part of Sapporo with many with playgrounds, sports fields, and an open air stage. There are also two mountains, Moere mountain, which is 50 meters high, and Play mountain, which is 30 meters high. This park holds events throughout the year. In May, you can see cherry blossoms. You can also enjoy Moere beach from June to September. If you like winter sports, you can enjoy cross-country skiing, snowboarding, and sledding in the winter. The most famous building in the park is 'Hidamari', a glass pyramid where you can see a nice view from inside.

Admission to the park is free. It is open everyday including holidays. You can go there by car because there is a lot of free parking. To get there by bus and subway, you should take the Toho Line to Kanjodori-higashi, and then take the bus to Moerenuma park. From Kanjodori-higashi station, it takes about 25minutes.

Web: <http://www.sapporo-park.or.jp/moere/index.php> TEL: 011-790-1231

Elm Garden (011)-551-0707

This restaurant has only Japanese food. It is open from 11:30 am to 1:30 (lunch), from 6:00 pm to 8:30 (diner).

<http://www.elm.cc/restaurant/overview.html>

Teppanyaki Ishikari (011)242-2833

This restaurant has delicious beef, seafood including oysters, abalone, and shrimp. It is open from 5:00 pm to 10:00(dinner).

Natsumi Okui

Mt.Moiwa

There are three famous mountains for beautiful night views in Hokkaido: Mt.Hakodate in Hakodate, Mt.Tengu in Otaru, and Mt. Moiwa in Sapporo. Mt.Moiwa is the most convenient from Sapporo, and you can enjoy hiking, skiing, riding the ropeway, and taking in the beautiful views of Sapporo. Mt.Moiwa, at 531 meters high, is not so high, but it has been chosen as one of the 100 most beautiful nature spots in Hokkaido. Mt.Moiwa has a lot of animals and insects in addition to many kinds of birds. You can enjoy bird watching.

Hokkaido



At present, Mt.Moiwa facilities, including the ropeway, are closed for renovation until autumn 2011. When it reopens, the sightseeing road will be open from 9 am to 10 pm in the winter and 9

am to 11 pm in the summer.

To get there by subway, you should take the Namboku line to Makomanai station, and take bus #98. By car, it takes about 20 minutes.

Sayumi Abe

Mikaho park

Mikaho park is one of the best places to enjoy nature in Sapporo. Mikaho park has a gym, a baseball ground, a tennis court, and a lot of original playground equipment. Moreover, people can enjoy this park all year because the gym changes into a skating rink in the winter. This park is popular with Sapporo citizens, because this park was used as a figure skating place when the Olympics were held in the Sapporo in 1972. There is still an Olympic symbol on the tower. If you go this park, you will feel the history from those days.

Mikaho park is free for everyone, and it is open everyday, except holidays. The gym is open from 9 am to 9 pm between June and September for people to play badminton and table tennis, and it is open from 10 am to 5:30 pm between November and April for skating. The gym is closed in May and October, in order to prepare for the next season.

To get there by subway, you should take the Namboku line to Kita 24 jou station. From the station, it takes 15 minutes to walk to Mikaho park. Also there are buses to Mikaho park from Higashi kuyakusyo mae station on the Toho line.

Email: info@dou-akiyama.co.jp Phone: 011-751-1155

Sayumi Abe

Otaru Canal

There are plenty of ways to enjoy the sights of Otaru, and strolling down Otaru Canal is particularly good. The warehouses along Otaru Canal, made of stone and brick, are elegant and beautiful. Along Otaru Canal, there are many kinds of shops, including glassware stores, the music box museum, sushi restaurants, and candy shops. In the glassware stores, you can experience glass blowing and making stained glass products. Also, Otaru is well known for many kinds of sweets which will satisfy those from young to old. In February, the "Otaru Snow Light Path" is held. You will be fascinated by the beauty of the snow and the light of candles.

Of course, strolling through Otaru Canal is free for everyone, and you can do



it at anytime. However many shops along the canal are open from about 9 or 10 am to about 6 or 7 pm. At night, the canal area is lit up till midnight.

To get there by train, you should get off at Otaru station. Then, it takes about 10 minutes to walk from the station to the canal. Also, there are some parking lots near the canal so you can come by your car.

Web: <http://www.mmjp.or.jp/OTARU/>

Kitano Ice Cream Yasan 0134-23-8983

This ice cream shop features 20 unusual flavors including sea urchin, squid ink, natto, and beer. It is near Otaru Canal and open everyday from 9:30 am to 7 pm.

<http://www.kitanoice.com/>

Misaki Sato

The Otaru aquarium

Have you ever been to the Otaru aquarium? There is one of the most famous aquariums in the Hokkaido. You can see a lot of fish and unusual creatures from the sea. You can touch things like star fish and dolphin. There are various animal shows, and you can see things like dolphins jumping, penguins eating and seals with sea lions diving. If you get hungry, there is a restaurant where you can eat the aquarium's original food. There are a lot of souvenirs.

The aquarium is ¥1,300 for anyone over high school age, ¥530 for junior high school students and elementary school students and ¥210 for infants. It is open from the latter part of March to the latter part of November from 9:00am to 5:00pm.

To get there by JR and bus, you should takes from the Sapporo station to the Otaru station and then transfer to the bus. It takes about 60 minutes from Sapporo station to the Otaru aquarium.

Web: <http://www.otaru-aq.jp/> Email: info@otaru-aq.jp
Phone: 0134.33.1400

Naruto (0134) 32-3280

This is the most famous fried chicken shop in Hokkaido, and it's very popular with local people. It is in downtown 7-8 minutes by foot from the JR Otaru station. It is open from 11:00am to 7:00pm.

Web: <http://naruto-wakadori.ftw.jp/>

Otaru Bine (0134) 24-2800

This cafe has delicious and reasonably priced Italian food and wine. It is near the station, and it is open from 11:00am to 10:30pm.

Web: <http://www.otarubine.chuo-bus.co.jp/>

Saki Sugimoto

Chitose Outlet mall Rera

The outlet mall in Chitose called Rera is one of best places in Hokkaido for shopping. When you go to Rera, you will be surprised because Rera is very large and very popular in Hokkaido. There are over 100 clothing shops including Columbia, Nike, Coach, Timberland, and Beams. You will be happy because you can buy products at Rera cheaper than at other shops. If you get hungry, there are many restaurants.

Rera is open every day except New Year day. It is open from 10 am to 8 pm. (It is open from 10 am to 7 pm in winter.) In addition to shopping, there are other interesting places around Rera such as "Muscle Park" which is a big gym.

To get there by the train from Sapporo, you should get on the "airport" train from Sapporo station to Minami-chitose station. It takes 33 minutes. From the station, it takes 3 minutes to walk to Rera. To get there from New Chitose airport, you should get on the free bus.

Manami Tanji

Student Research

The Japanese Food Boom in America

Japanese food is getting more and more popular in the United States of America in recent years. There are about ten thousand Japanese food restaurants in America, according to the data by the Japanese Ministry of Agriculture, Forestry and Fisheries in 2007. In addition, I heard that there are packs of *sushi* in the side dish department, *tofu* in the vegetable department, and soy sauce in the seasoning department at the supermarkets. Then, I heard that *Yukimi Daifuku* is called "Mochi Ice Cream" and it is popular in America. This phenomenon is called the Japanese food boom. When I watched "Monsters, Inc.", which is an American computer animated film and produced by Pixar Animation, I realized that Japanese foods are eaten in America for the first time. In this movie, we can get the scene which this main character's best friend goes to a Japanese restaurant with his girlfriend, and also we can see that there is sliced raw fish, chopsticks and Japanese teacups on the table at this Japanese restaurant.

Then, I also saw that characters are eating Japanese foods when I watched some American films and American video dramas recently. In "The Holiday", which is an American romantic comedy film, one main character goes to a Japanese restaurant in Los Angeles with her boyfriend and they eat fish by using chopsticks. In "Gossip Girl", which is an American video drama, the main character's rival has a date with her boyfriend at a Japanese restaurant and she eats sliced raw fish after she dips it into soy sauce by using chopsticks. In "Hitch", which is an American romantic comedy film, the heroine of this film eats rice pudding at "Rice to Riches" with her best friend. Rice pudding is not Japanese food, but rice pudding is made with rice. I knew that there are desserts which are made by Japanese ingredients in America, so I thought all the more Japanese foods are popular in America when I watched this film. We are able to see the Japanese food boom in America even by watching American films or American video dramas. Now, why did a Japanese food boom happen in America?

There were already Japanese restaurants in Los Angeles, San Francisco, and Seattle where many Japanese-Americans lived before the war. In addition, at the beginning of the 1960s, there were one hundred Japanese restaurants in America, and there were ten Japanese restaurants in New York because Japanese business companies, banks, and so on were built in the metropolis of America. However, these Japanese restaurants looked like dining rooms for local Japanese-Americans, meaning Japanese food wasn't popular in America yet. There were surely Japanese restaurants in America for a long time ago, but we cannot say that the Japanese food boom started at that point in time, because Japanese food weren't popular in America yet. The thing that we can really say is the Japanese food boom in America happened in the 1970s.

From the beginning of the 1970s, environmental preservation activities sprouted among Americans. The symbol of these activities was hippies. They criticized the machine civilization, and their criticisms made people think about the Orient. Therefore, they began to be interested in brown rice, sea vegetables, *miso*, and *tofu* through Zen. Also, they began to go to *sushi* shops but they couldn't become regular customers of *sushi* shops because they didn't have enough money to go there frequently. Shortly afterwards, these hippies' thoughts spread among high income groups, for example movie stars, actors, singers, doctors, and lawyers. In addition, by 1975, these thoughts also spread among the middle classes, and thoughts of health became trendy at this time. Then, in 1977, dietary guidelines were released by the federal government, because many people died of heart disease, cerebral accidents, cancer, or diabetes in America. That is to say, these diseases are caused by bad eating habits, so dietary guidelines were released by the federal government. The aim in nutrition on dietary guidelines was reducing the intake of fat and cholesterol and increasing the intake of protein and carbohydrates. The guidance of dietary guidelines was just Japanese eating habits, that is to say, Japanese food's are

healthy, so many Americans began to be interested in Japanese foods.

The thought that people can live a long life if they eat Japanese foods spread among Americans. Also, in the 1970s, the image of factory products which are made in Japan became better than that of American products, in America, so Americans began to trust Japanese products by this image. If Americans didn't trust Japanese products at that point in time, Americans wouldn't be interested in Japanese foods. The above explains that the main cause of the Japanese food boom in America was criticizing the machine civilization by hippies, beginning to be interested in Japanese food by high income groups, releasing dietary guidelines by the federal government, and trust in Japanese products by Americans.

Japanese food is getting more and more popular in the United States of America in recent years and Japanese foods' good point is that it is healthy. That is true, but there are some problems. In America, non-Japanese cooks often cook Japanese food at Japanese restaurants. There are people who don't have qualifications for cooking Japanese foods, so they cook even though they don't know the way of treating raw materials, in which freshness is important. It brings about the decline in quality of Japanese foods and the problem of sanitation. Thus, in 2007, the Japanese Ministry of Agriculture, Forestry and Fisheries set up its chapters in cities abroad to promote Japanese restaurants all over the world. Ironically, I often hear that though the Japanese food boom is happening in America, the culture of Japanese food has faded away in Japan. There are many fast food restaurants, convenience stores, family restaurants, and chain stores in Japan. These are convenient, but most foods which are offered are bad for us. I think now is the time that Japanese people review their eating habits for their health and traditional culture, and the Japanese food boom in America is a good example for Japanese people to follow.

References

1. "Shokugawakareba sekaikeizaigawakaru" by Eisuke Sakakibara
2. "America tairiku kome monogatari" by Hirotaka Matsumoto
3. "America nihonsyoku wars" by Yasushi Ikezawa
4. <http://ja.wikipedia.org/wiki/>
5. <http://nyliberty.exblog.jp>
6. "Monsters, Inc."
7. "The Holiday"
8. "Gossip girl"
9. "Hitch"

Nana Koshinaka

STAFF

Lookout, no.7

Winter 2010

Editor-in-chief

B. Bricklin Zeff

Assistant Editors

Patrick O'Brien Ed Furlow

Publisher:

Faculty of Humanities
Hokkai-Gakuen University

Printed by i-Word

The views expressed in Lookout belong to the individual contributors, and do not necessarily reflect the views of the editors or HGU.

Movie Reviews

Avatar



The movie *Avatar* is the best American movie in the world for three reasons. First, it shows American high technology for visual effects. *Avatar* is an American science fiction film written and directed by James Cameron. He made use of the virtual camera system that can change into the three-dimensional. If actors made a big action, the system can change into three-dimensional immediately, so it is very useful to make a spectacular scene. In addition, he used a

performance capture stage about six times as big as before, and there were one hundred-twenty cameras for three-dimensional around the stage. He worked hard to make vivid descriptions, so the movie became popular for people because of the beautiful view and clear expression of avatar and nature. Second, it makes an impression for ecology on the Earth. Humans destroyed Navi's nature to increase their territory in this movie. It is very sad to see the destruction of huge trees, beautiful and vast ground, and a lot of animals and Navi by humans, so we are impressed how important nature is. It was similar to humans destroying our Earth now.

Finally, it shows how important it is to understand different cultures. In the story, a man falls in love with Navi's woman, but they have different cultures and they are enemies. Still, he learned Navi's language and culture like a real Navi. He lived with Navi and he found good points of life that protect and communicate with nature. Some humans understand Navi's culture and they became friends with Navi, but others made an attack on Navi's land. Both couples from different cultures were forced to choose sides between the competing communities. It is a very difficult decision, but a man decided to protect Navi's land, so he attacked his coworkers. If humans understand Navi's culture and how important nature is for their lives, they would not attack it. As a result, the nature of land was destroyed by humans and a lot of Navi and humans died. It is very similar to war, so it taught us how precious life is and to better understand different cultures.

In short, the movie *Avatar* is the best American movie in the world because it shows American high technology for visual effects, makes an impression for ecology on the Earth and it shows how important it is to understand different cultures. This year, the movie became the highest grossing film in the world. The film broke several box office records, and the record of *Titanic* was broken. It was very happy news for American people. *Avatar* is a movie that makes us think about many important things. If American movies get better and better, the movies that impress us to change our minds will be made in America. *Avatar* gave us not only an impression for beautiful sights and an original magnificent world but also thinking about the Earth and how important it is to communicate with people from different cultures.

Kazumi Ito

Die Hard 4.0



The movie *Die Hard 4.0* is a movie that describes modern American society, and you can notice four important facts from this movie. First, bad guys are terrorists, and their object is to destroy the American government. As for the background, the leader of terrorists was a worker of the American government, and he made a reference which is about the vulnerable guard system to executives that manage the guard system, so he suggested a new form, but it was not accepted by government executives. That is why he became a terrorist. Their motivation resembles many

current terrorists' motivation against the government.

Second, terrorists used cutting edge technology, which is Information Technology (IT). The American government controls a lot of organizations by using computers, and it makes us imagine modern America more easily because

the base of modern life all over the world is information technology managed by computers. Because of this, terrorists do not only attack by using firearms, but also by carrying out "cyber terror", which is a dreadful way causing chaos in America. Third, to feel like the real world, there are many current cultures in this movie. Modern America is full of multiculturalism, so a lot of countries' cultures exist in America. For example, Farrell, one of the main character, is Otaku. He likes figures and anime girl characters, and this is typically Japanese Otaku, and McClain also said it. Also, the art of movement (Japanese: Parkour), which is a popular extreme sports among young guys in modern America, was done in this movie.

Fourth, there is the scene that McClain and Farrell talked about the hero, and this is an essential fact in this movie. The hero is always a strong, kind, and bright person, and everyone thinks so. However, McClain talked about his miserable story. He said to Farrell that the hero is not a good thing, but nobody does it, so he must do it alone. In the final chapter, McClain said to Farrell that he is a hero. This means, even if a man does not have power like McClain, he can be a hero for a man or woman. This way of thinking is a little different from traditional heroes. In short, *Die Hard 4.0* is not only an attractive movie, but also describes four modern American features. It is about terrorists, technology, culture, and the hero.

Hikaru Furukawa

I.ROBOT



The movie *I, Robot* indicates some alarm about the near future technology and also about relations between robots having much technology and people. First, technology is introduced to human lives. This stage of the story is in Chicago in 2035, and there people live with many robots having much technology. There are three laws that they must not injure people, must obey people on the promise of the first law, and must protect themselves supporting the first and second laws. Thus, they are safe as their crime rate is zero percent and they

are trusted by people and help them do everything, for example making dinner, taking care of children, rescuing people, and so on. The hero in this movie, however, does not trust them at all. He knows they are too perfect to understand miracles. For example, they helped him instead of a girl in a car accident because the robot made a judgment that his possibility to survive was higher than hers mathematically. It is not bad, but we must not trust them too much.

Second, technology is being improved day by day and may be superior to people. In this movie, robots run the factory making robots by themselves and maintain the Department of Defense, while people think robots are superior to them. The first and second cases can happen someday because now actually there are so many improved technologies in America and in the world like iPad. Those have much more knowledge than we have, and their contents unlimitedly grow depending on improvements. It is impossible to catch up to their content, but human beings have unlimited possibilities and we should keep in mind that we did advance technology. Third, technology may control people. In this movie, VIKI, a robot trusted by people most of all the robots, improved herself and had her will and her comprehension of three laws changed. Also, she thought people kept fighting with each other in spite of their effort to make the world better and might bring about mankind's destruction, but people could not live by themselves, so instead of people she controlled people to prevent it. She says it is well and good that some people are sacrificed for mankind to survive. In fact, she attempted to kill the hero and killed people indirectly. This means technologies which have wills control the world and may destroy the world and us.

As previously explained, now in the world technology is getting better and better steadily and the development rate is too fast to stop. Also, it is so useful that we cannot imagine our lives without technology such as cell phones. It is natural that not only old people but also children have them. Because we want high-quality technology too much, we tend to forget essential things around us and lose close communication together, Mother Nature, and so on. Too much technology causes us to get everything out of our head. Indeed, technology is convenient for us and we do not have to separate from it. On the other hand, we realize we depend on technology too much to keep having them and must not forget them now and in the near future. This movie alarms us about technology.

Nozomi Maeda

LUNCHTIME SPEAKING

Bring your lunch and come and enjoy a chance to chat in English
12:10-12:35
Check Professors' Schedules !

EDITOR'S NOTE

We are on the lookout!

North-Sea Lookout aims to publish as much student writing as possible.



LETTERS TO THE EDITOR

North-Sea Lookout is a place you can publish your own opinions about any topic that concerns you. If you want to write a letter to the editor, please put it in Prof. Zeff's mailbox. If you prefer, you may have your name withheld from publication with your letter.

This issue shows the high level of writing in English achieved by Hokkai-Gakuen University students. An ongoing interest of our writers is the international homestay and travel experience. In addition, past issues have contained topics as varied as cooking rice and surfing the Internet.

North-Sea Lookout needs your viewpoints on whatever interests you. Your opinions, concerns, and experiences are important. Please don't hesitate to write about them, and then submit them to us. We welcome all submissions.

Fiction, Poetry and Photography Wanted!

Please contact us at our email address: bbzeff@hgu.jp